



What fitness class is right for you?

20/20/20

Your workout will fly by with this exciting and effective mix of three twenty minute blocks focusing on cardio and strength, and then finish with core, mobility and stretching.

Baby Worx

Bring your little one and your stroller for a fun, high energy class suitable for all fitness levels. This full-body functional workout will challenge your strength, cardio and core.

Bootcamp

This challenging workout changes week to week with equipment and exercises. The intensity remains the same, and so does the fun - if you want to call it that (and we do!).

Circuit (60min)

Time flies in this workout as you zip through exercise stations while working on everything from cardio and strength to agility and core. The formats will vary, but the end result is always an effective workout.

Cycle 30/45

Rev up your fitness program in this 30 or 45 minute cycle class. Whether you're a beginner or are more advanced, saddle-up for some intervals, hills, sprints and more.

Deep/Shallow Water Aqua-Fitness

Exercising in the water will improve cardiovascular fitness, muscular strength and endurance. Aqua-fitness provides a reduced impact exercise alternative that is easy on the joints while the water's resistance will create a challenging workout perfect for all fitness levels.

Force

With strength, stamina, and a strong will comes great FORCE. This class offers it all - strengthening exercises, core work and cardiovascular fitness packaged in a cut-to-the-chase workout.

Step

Step it up with this classic workout. This class is filled with challenging choreography and intense, energetic moves for an awesome workout.

Strong

Lift, lift, and then lift some more. In this pure strength class, you will squat, lunge, push, pull and press your way to a full-body burn.

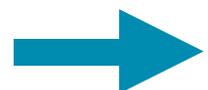
Yoga

The improved flexibility and relaxation that yoga brings to the body allows you to perform everyday activities with more ease. This Hatha-based yoga class will provide strength and flexibility where you need it.

Zumba®

Working out isn't always fun ...until you've tried Zumba. If you are looking for a mixed intensity dance and cardio workout set to hypnotic Latin and international rhythms, this is the class for you.

Life Long Recreation
50Y+ classes





Life Long Recreation 50Y+

Pick Your Pace

The pace of this class picks up compared to some of our other older adult classes. Easy to follow moves that condition the heart and lungs combined with exercises for strength, balance and mobility will leave you feeling strong!

Pump and Walk

Walking and weights go hand-in-hand as you alternate between light resistance exercises in our studio and walking the track at your own perfect pace. Class finishes with a great stretch.

Strong & Steady

Move better, and make everyday activities easier, with this fun, lower intensity class. This class focuses on building energy, balance, strength and flexibility with exercises that are adaptable for seated participants.

Yoga

All the poses you love from Adult Yoga at a modified slower pace.

Young at Heart

Join this fun-loving group for a shallow water class filled with lively music and low-impact exercises.

Check out the drop-in calendar for up-to-date times
strathcona.ca/dropinclasses

Questions? 780-464-8262 group.fitness@strathcona.ca